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The Robert Morris University Island Sports Center is the region’s premier sports and recreation destination, located just nine miles from downtown Pittsburgh on the western tip of Neville Island. The facility and its programs serve both Robert Morris University and the regional community. Its 32-acre campus includes two indoor ice arenas and two outdoor multi-purpose arenas, as well as an indoor golf driving range and Sports Dome, athletic fields and track, miniature golf course, fitness center, batting cages, pro shop and bistro.

Our state-of-the-art center, which opened in 1998, has been the site of such high-profile events as the Junior Olympic Figure Skating Championship, the National Short Track Speed Skating Championships, the USA Hockey National Tier I Championships, the 2005 World Street Hockey Championships and the 2006 TropiCurl Curling Tournament. The Clearview Arena serves as home to the RMU men’s and women’s NCAA Division I ice hockey teams, while the outdoor fields and eight-lane track are home to the University’s men’s and women’s outdoor track and field teams.

The RMU Island Sports Center is committed to providing the highest quality facilities, training and instruction to both the serious athlete and the casual sports enthusiast. We offer a diverse catalog of classes, clinics, programs and tournaments for children and adults alike, specializing in hockey, figure skating, golf and fitness. Our goal is to make training fun, exciting and effective, with a focus on helping participants to achieve a greater understanding of teamwork, respect for others, self-discipline, self-confidence and perseverance. Our nationally recognized staff includes former Ice Capades show skater Beth Sutton, Olympic gold medalist Elena Valova, world-renowned power skating coach Marianne Watkins, two-time Tri-State Professional Golfers Association Teacher of the Year Jim Cichra, RMU Women’s Ice Hockey Coach Nate Handrahan and Hockey Director “Coach Bob” Arturo.

In addition to offering the best recreational services and programs available, the RMU Island Sports Center features unique group and event hospitality opportunities, perfect for both personal celebrations and corporate outings. We also offer several fun and unique kids’ birthday party packages. Our variety of facilities and amenities makes our center a popular entertainment attraction for guests of all ages. Whether you’re an athlete in training or a parent looking for a fun, affordable way to spend the day with the family, the RMU Island Sports Center should be your destination.

Register online or sign up for our e-newsletter at rmuislandsports.org • Schedules and pricing subject to change
Robert Morris University, founded in 1921, is recognized for integrating liberal arts with a professionally focused, applied education. The University is an educational leader in the Pittsburgh region and is among the largest private institutions of higher learning in Pennsylvania.

More than 5,000 undergraduate and graduate students from 37 states and 14 countries are enrolled at RMU. The 230-acre campus in Moon Township, located 15 minutes from Pittsburgh International Airport and 17 miles from downtown Pittsburgh, is home to more than 1,200 resident students. The Center for Adult and Continuing Education is located in the heart of the “Golden Triangle,” the city’s metropolitan center and the site of half a dozen Fortune 500 corporate headquarters. The 32-acre Island Sports Center on Neville Island provides state-of-the-art sports and recreation facilities for the University and the community.

Robert Morris University built its reputation by offering strong academic programs in traditional business fields such as accounting, finance, marketing and management. Over the past two decades, RMU has grown from a specialty business college to a comprehensive University that offers 30 bachelor’s and 19 master’s and doctoral degree programs in disciplines such as communications, information systems, engineering, mathematics, science, education, social sciences and nursing.

Today, RMU’s hallmark is an approach to education that actively engages students in the learning process and, as a result, transforms their lives. RMU focuses on giving students the foundations for success — skills and tools that they can draw on no matter where their career path leads.

Students put their classroom learning into action through internships, community service projects and cross-cultural exchanges — activities that give them practical experience and a deeper understanding of global issues. As a result, the University’s graduates are well-prepared to assume leadership roles in the global community.

RMU’s faculty members are both teachers and scholars, and 82 percent hold terminal degrees. The student-faculty ratio is 16:1, and the average class size is 24. These small classes are taught by faculty members, not teaching assistants, so students have direct access to experts in their field of study.

Nearly 70 clubs and organizations help students to develop leadership skills, network professionally and meet friends. Student organizations include varsity, club and intramural sports, sororities, fraternities and student government. The 23 varsity athletic programs are affiliated with NCAA Division I. For more information, visit www.rmu.edu.

ABOUT ROBERT MORRIS UNIVERSITY

Dave Hanson,
General Manager

Known for his role as one of the “Hanson Brothers” in the movies Slap Shot and Slap Shot 2, Dave Hanson is one of the most accomplished and respected hockey professionals in the industry. Having played professionally in the NHL, AHL, and WHA, Dave is a former pro hockey general manager and has more than 20 years of coaching and sport management experience.

DIRECTIONS

The Robert Morris University Island Sports Center is conveniently located on Neville Island, easily and quickly accessible from all areas of the community.

From the North: Follow I-79 South toward Pittsburgh. Exit at Neville Island (Exit 65). At the bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.

From the South: Take I-79 North toward Pittsburgh. Exit at Neville Island (Exit 65). At the bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.

From Downtown Pittsburgh and East: Follow Route 65 North to the I-79 interchange. Take I-79 South (toward Washington) one exit to Neville Island (Exit 65). At the bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.

From the Airport and West: Follow Route 60 South toward Pittsburgh. Take Exit 18 for Route 60 South/Crafton. Follow approximately four miles to the I-79 interchange. Turn left onto I-79 North toward Erie. Exit at Neville Island (Exit 65). At the bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.
YOUTH ICE HOCKEY PROGRAMS

Learn to Play Hockey
Ages 4–10 • Year-Round / Ages 11–14 • Spring–Summer
Learn to Play Hockey classes provide children the opportunity to learn the basics of skating and hockey from USA Hockey-trained instructors in a fun-to-learn, relaxed, noncompetitive atmosphere. No skating or hockey experience is required. All players must be registered with USA Hockey for 2007–08.

Each class includes 40 minutes of skating and stick instruction and a 10-minute hockey game. Upon completion of the classes, players are ready to join the RMU ISC Island Colonials and enjoy playing with children of similar age and ability. Most sessions begin with a free clinic.

Back-to-school, fall and winter sessions are for ages 4–10. Spring and summer sessions are divided into two age groups: ages 4–8 and 9–14.

Pre-Hockey/Learn to Skate
A structured lesson plan provides a strong foundation of skating know-how and confidence building. Skills include stance, walking, T-push, two-foot glide, scooting, D’s, preparing for snowplow stop, backwards stance and walking.

Hockey I
Each week includes a review of skills learned in Pre-Hockey/Learn to Skate and the introduction of new skills such as snowplow stop, backwards stance and walking, T-push, two-foot glide, scooting, O’s, preparing for snowplow stop, backwards stance and walking.

Hockey II
Each week includes a review of skills learned in Hockey I and the introduction of new skills such as snowplow stop, one-foot glides, backward O’s and forward strides. From this solid base, the fundamental skills of skating, passing, stick handling, and shooting can be properly taught.

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Each week includes a review of skills learned in Hockey I and the introduction of new skills such as snowplow stop, one-foot glides, backward O’s and forward strides. From this solid base, the fundamental skills of skating, passing, stick handling, and shooting can be properly taught.

Spring Session ($105)
Ages 4–8
Free Clinic
Tuesday, May 20, 6:30–7:20 p.m.
Classes
Tuesday, May 27–June 24, 6:30–7:20 p.m.
Ages 9–14
Free Clinic
Tuesday, May 20, 5:30–6:20 p.m.
Classes
Tuesday, May 27–June 24, 5:30–6:20 p.m.
Summer Session ($85)
Ages 4–8
Free Clinic
Tuesday, May 20, 6:30–7:20 p.m.
Classes
Tuesday, May 27–June 24, 6:30–7:20 p.m.
Ages 9–14
Free Clinic
Tuesday, May 20, 5:30–6:20 p.m.
Classes
Tuesday, May 27–June 24, 5:30–6:20 p.m.
Summer One-Week Specials ($95 per week)
Ages 4–8
Classes
Week 1, Monday–Friday, July 7–11, 6:30–7:20 p.m.
Week 2, Monday–Friday, July 14–18, 6:30–7:20 p.m.
Summer Two-Week Camp ($125)
Ages 9–14
Classes
Monday–Friday, July 7–11 and 14–18, 5:30–6:20 p.m.
**ADULT ICE HOCKEY PROGRAMS**

**Senior Iron Lung Draft League**

Ages 30+ and 40+ • Year-Round

This league promotes friendly yet competitive hockey games and very few penalties. Players may register as an individual or with a friend.

- **30 and Older Division**
  - Fall and winter sessions consist of eight teams of 15 skaters and a goalie, and the summer session consists of six teams. A total of 15 games are possible: 12 games plus all teams make the playoffs.

- **40 and Older Division**
  - Four teams of 15 skaters and a goalie are accepted for play. A total of 14 games are possible: 12 games plus all teams make the playoffs.

Players 40 and older may play in both divisions.

**Schedule**

The 30 and Older Division plays Monday through Wednesday evenings. The 40 and Older Division plays Thursday evenings.

- 30 and Older
  - Fall Session: Oct. 1–Jan. 22
  - Winter Session: Jan. 28–May 5
  - Summer Session: May 12–Aug. 19

- 40 and Older
  - Fall Session: Oct. 4–Jan. 24
  - Winter Session: Jan. 31–May 8
  - Spring Session: May 15–Aug. 21

**Age Levels**

Players slate the age level for 2007-08 according to USA Hockey birthday requirements.

- *Mite*
  - Bantam
- *Squirt*
  - Midget 16&U
- *Pee Wee*
  - Midget 18&U

**ICE HOCKEY TOURNAMENTS**

**Nutcracker Tournament**

Dec. 28–31, 2007

The region’s premier holiday ice hockey tournament for AA, A, (Major and Minor) and B teams at the Mite, Squirt, Pee Wee and Bantam levels! The tournament draws 84 of the most talented teams from Pennsylvania, Ohio, West Virginia and New York. Age levels are based on 2007-08 USA Hockey requirements. Games feature three 12-minute, stop-time periods. Teams play three games, and the top two teams in each division advance to the championship. We guarantee that 50 percent of teams will play in a championship game!

- **Schedule**
  - Pee Wees and Bantams: Dec. 28–29
  - Mites and Squirts: Dec. 29–31

- **Fee**
  - $895 per team. $699 for out-of-town teams who stay at one of our official hotel partners. Visit rmuislandsports.org for details. Admission to the tournament is FREE for family and friends.

**Ice Hockey Iron Man Tournament: Only the Strong Survive**

March 29–30, 2008

A day of nonstop hockey action for teams at the Mite, Squirt, Pee Wee, Bantam, Midget and Adult levels. Games are 4-on-4 plus goalies and consist of a 12-minute, running-time period. All games are played in one day. A total of five games are possible: each team plays three round-robin games and four teams advance to the playoffs. Rosters are limited to six skaters and one goalie. Goalies may play on more than one team per level.

- **Age Levels**
  - Mite and Pee Wee:
  - Squirt, Bantam and Midget:
  - Midget 16&U:
  - Midget 18&U:

- **Schedule**
  - Mites, Pee Wees and Midgets: Saturday, March 29
  - Squirts, Bantams and Adults: Sunday, March 30

- **Fee**
  - $225 per team. Registration deadline is March 17 or until tournament is full.
YOUTH INLINE HOCKEY PROGRAMS

Learn to Skate and Play InLine Hockey
Ages 6–13 • Year-Round
This program gives children the opportunity to learn the basics of skating and InLine hockey in a fun-to-learn and structured environment. Children are divided into groups according to age and skill. Each weekly class consists of 35 minutes of skating and stick skill instruction and a 10-minute game. Upon completion of the classes, children can join the Rollin’ Colonials Developmental House League and enjoy playing with youngsters of similar age and ability. Each session begins with a free clinic.

■ Schedule
All clinics and classes are held on the open-air Gardens Arena.

Back-to-School Session
Free Clinics
Monday, Sept. 10, 6:45–7:30 p.m.
Classes
Mondays, Sept. 17–Nov. 5, 6:45–7:30 p.m.
Fall Session
Free Clinics
Monday, Nov. 12, 6:45–7:30 p.m.
Saturday, Nov. 3, 2:30–3:15 p.m.
Classes
Mondays, Nov. 19–Jan. 21, 6:45–7:30 p.m.
(no class Dec. 24, 31)
Saturdays, Nov. 10–Jan. 19, 2:30–3:15 p.m.
(no class Nov. 24, Dec. 22, 29)
Winter Session
Free Clinics
Monday, Jan. 28, 6:45–7:30 p.m.
Saturday, Jan. 26, 2:30–3:15 p.m.
Classes
Mondays, Feb. 4–March 31, 6:45–7:30 p.m.
(no class March 24, 29)
Saturday, Feb. 2–March 29, 2:30–3:15 p.m.
(no class March 27)
Spring Session
Free Clinic
Monday, April 17, 6:45–7:30 p.m.
Classes
Mondays, April 14–June 9, 6:45–7:30 p.m.
(no class May 28)
Summer Session
Free Clinic
Monday, June 16, 6:45–7:30 p.m.
Classes
Mondays, June 23–Aug. 18, 6:45–7:30 p.m.
(no class July 7)
■ Fee
$99, which includes an RMU Hockey Academy jersey for the first session in which skaters enroll.

Weekly Skills Clinics
Grades 2–8 • Year-Round
An excellent opportunity to improve your individual skills! Each 10-week session includes instruction on skating, stick handling, passing and shooting. Players must be playing in an organized InLine hockey league to enroll. Classes are limited to 24 skaters and two goaltenders.

■ Schedule
Middle School
Grades 6–8
Mondays 5–5:45 p.m.
(no class March 24)
Elementary School
Grades 2–5
Mondays 5:45–6:30 p.m.
Fall Session
Oct. 8–Dec. 10
Winter Session
Jan. 7–March 10
Spring Session
March 17–June 2
(no class March 24, May 26)
Summer Session
June 9–Aug. 18
(no class July 7)
■ Fee
Skaters $59, goalies $20

High School Developmental House League
Grades 2–8 • Year-Round
This league stresses individual skills integrated with team play to provide an enjoyable and noncompetitive learning environment. The first three weeks feature practice and a rating session. The remaining seven weeks feature controlled scrimmage games. Fall and winter sessions include 10 slots over a 10-week period, while spring and summer sessions feature 13 slots over a 10-week period.
Games are 4-on-4 plus a goalie, using a puck. There are no offside or icing. A maximum of 13 players are placed on each team. The parity system is used to ensure children of the same age and ability are on the court together.

■ Age Levels
Elementary School
Grades 2–5
Middle School
Grades 6–8
■ Schedule
Practices and games are held Saturdays at 3:30, 4:30, 5:30 and 6:30 p.m. during the fall and winter sessions. Spring and summer practices and games are Tuesdays, Wednesdays and Thursdays at 6:30 and 7:30 p.m.
Fall Session
Saturday, Oct. 9–Dec. 15
(no games Nov. 24)
Winter Session
Saturdays, Jan. 12–March 15
Spring Session
Tuesdays–Thursdays, April 2–June 5
(all games June 9 & 16)
Winter Session
Tuesdays–Thursdays, Jan. 12–March 15
(no games May 26 & 29)
■ Fee
$89 (fall and winter); $99 (spring and summer). Fee includes an RMU Hockey Academy jersey.

Spring/Summer Youth League
Grades 2–8 • April–July
This five-day camp provides high-level instruction and competitive games. Each day includes 90 minutes of skill development and 90 minutes of controlled games. Players receive a camp T-shirt and one-hour use of the mini-golf course, driving range and batting cages.

■ Age Levels
Elementary School
Grades 2–5
Middle School
Grades 6–8

ISLAND SAINTS TRAVEL TEAM

The Island Saints travel team provides the opportunity for highly skilled InLine hockey players to compete against the best competition that Pittsburgh has to offer. The Saints are scheduled to play in the PA Power League, the AAU regional tournament and the Summer Classic tournament. Teams will be fielded at the U10, U12, U14, U16 and U18 age levels. Age levels are based on the player’s age as of Jan 1, 2008. Tryouts will be held after the first of the year. Call 412-397-4448 for more information.

■ Fee
$995 per team, which includes officials’ and scorekeepers’ fees.

PaPower InLine Hockey League
All Ages • May–July
This league provides players the opportunity to compete at the highest level without having to leave the area. Games are played at the RMU Island Sports Center, HotShots Arena in New Stanton and BladeRunners Arena in Harmarville. Games are played with a puck and feature three 12-minute, running-time periods with a stop clock in the final two minutes of a game that is within two goals.
Teams play 12 games on three different weekends in May and June with playoffs in late June. All teams make the playoffs. Registration is by team only. Organizations host their own tryouts. All players and clubs must be registered with AAU.

■ Age Divisions
• 8 & Under
• 10 & Under
• 12 & Under
• 14 & Under

Summer InLine Hockey Camps
Grades 2–8 • June
This five-day camp provides high-level instruction and competitive games. Each day includes 90 minutes of skill development and 90 minutes of controlled games. Players receive a camp T-shirt and one-hour use of the mini-golf course, driving range and batting cages.

■ Age Levels
Elementary School
Grades 2–5
Middle School
Grades 6–8

NEW ISLAND SAINTS TRAVEL TEAM

The Island Saints travel team provides the opportunity for highly skilled InLine hockey players to compete against the best competition that Pittsburgh has to offer. The Saints are scheduled to play in the PA Power League, the AAU regional tournament and the Summer Classic tournament. Teams will be fielded at the U10, U12, U14, U16 and U18 age levels. Age levels are based on the player’s age as of Jan 1, 2008. Tryouts will be held after the first of the year. Call 412-397-4448 for more information.

■ Fee
$995 per team, which includes officials’ and scorekeepers’ fees.
HOCKEY STAFF

Bob Arturo, Hockey Director

Coach Bob has an undergraduate degree in child development/child care and has taught more than 10,000 youngsters the basics of skating and hockey during his 20+ years in coaching.

Blaine Buterbaugh, Ice Hockey Coordinator

Blaine is the assistant coach of RMU’s NCAA Division I women’s ice hockey team. He played AAA ice hockey with the Steel City Stars and the Erie Lions, and competed on RMU’s Division I club team.

Anthony Constantino, InLine Hockey Coordinator

Coach Anthony has a passion for teaching hockey to kids in a fun-to-learn environment. He has coached high school roller hockey locally for four years and is dedicated to improving players of all ages and ability levels.

Ricky Cropper, In-House Hockey Associate

HIGH SCHOOL AND COLLEGE INLINE HOCKEY PROGRAMS

Pennsylvania Interscholastic Roller Hockey League (PIRHL)

September–March

This league includes more than 30 high schools fielding more than 80 teams in 11 divisions. Games are played Saturdays and Sundays. For more information, contact league president Jim Lorish at 412-364-3765 or visit their website at www.pirhl.net.

Western Pennsylvania Collegiate Inline Hockey League

September–April

This competitive league includes 18 teams representing eight schools divided into three tiers: Robert Morris, Pitt, Carnegie Mellon, Duquesne, CCAC North, Geneva, LaRoche and Slippery Rock. Teams play 14 regular-season games and all teams make the playoffs. Games are played Wednesday and Thursday evenings. League play begins Sept. 26 and runs through the playoffs in early April. Registration deadline is 15 minutes following age groups:

- **10 & Under**
- **12 & Under**
- **14 & Under**
- **16 & Under**
- **18 & Under**
- **Adult**

**Fee**

- $109 per team
- $25 per goalie
- $1,045 per team
- $100 early-bird discount is available

**Schedule**

- **Fall Session**
  - Aug. 21–Dec. 2
- **Winter Session**
  - Dec. 5–March 15

**InLine Hockey Tournaments**

Sixth Annual Turkey Trot InLine Tournament

Nov. 23–25, 2007

A highly competitive tournament for local and out-of-town teams. Games have three 12-minute, running-time periods with a stop clock in the last two minutes of the third period if the game is within two goals. There is no icing or off-side rules. Up to five games are possible; three games are guaranteed, plus four teams make the playoffs.

- **Age Levels**
  - Elite and Competitive Divisions are fielded at the following age groups:
    - **10 & Under**
    - **12 & Under**
    - **14 & Under**
    - **16 & Under**
    - **18 & Under**
    - **Adult**

- **Fee**

- $360 per team

AAU National Qualifier Tournament

April 2008

To register or for more information, visit the AAU website at www.aausports.org.

Ninth Annual Summer Classic InLine Tournament

Dates TBA

A highly competitive tournament for local and out-of-town teams. Games have three 12-minute, running-time periods with a stop clock in the last two minutes of the third period if the game is within two goals. There is no icing or off-side rules. Up to five games are possible; three games are guaranteed, plus four teams make the playoffs.

- **Age Levels**
  - Elite and Competitive Divisions are fielded at the following age groups:
    - **8 & Under**
    - **10 & Under**
    - **12 & Under**
    - **16 & Under**
    - **18 & Under**
    - **Adult**

- **Fee**

- $360 per team

InLine Iron Man Tournament

Dates TBA

A day of nonstop hockey action! Once the official drops the puck to start the game, there are no stoppages in play. Games are 4-on-4 plus a goalie and consist of a 12-minute, running-time period. There is no icing, off-side rules, checking or player substitutions. Up to five games are possible; three games are guaranteed, plus four teams make the playoffs. Rosters are limited to four skaters and a goalie. Goals may be posted on multiple teams where age appropriate.

- **Age Levels**
  - Elite and Competitive divisions are fielded at the following age groups:
    - **10 & Under**
    - **12 & Under**
    - **14 & Under**
    - **16 & Under**
    - **18 & Under**
    - **Adult**

- **Fee**

- $109 per team

ADULT INLINE HOCKEY PROGRAMS

ADULT Inline Hockey Programs

Adult Team Entry League

Ages 18 and Older • Year-Round

Teams are fielded at the A, B, C, D and E levels. Rosters are limited to 20 players. A total of 16 games are possible; 10 games plus all teams make the playoffs. Games are 4-on-4 plus a goalie, using a puck. There is no icing or offside rules. Games have three 15-minute running-time periods with stop clock in the final two minutes of the third period if the game is within two goals.

New – Individual Entry Option! You may register as an individual and be placed on a team with other individual entry players. Teams will be placed into the division that most closely matches their ability level.

Fall registration begins July 24. Winter registration begins Oct. 9.

- **Fee**

- $1,045 per team
- $360 per team
- $100 early-bird discount is available

**Schedule**

- **Fall Session**
  - Aug. 21–Dec. 2
- **Winter Session**
  - Dec. 5–March 15

InLine Hockey Coordinator

Anthony Constantino

In-Line Hockey Coordinator

Coach Anthony has a passion for teaching hockey to kids in a fun-to-learn environment. He has coached high school roller hockey locally for four years and is dedicated to improving players of all ages and ability levels.

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HOCKEY CAMPS AND CLINICS

The RMU Hockey Academy at the RMU Island Sports Center offers camps and clinics for hockey players of all ages and ability levels. Our staff of coaches includes Nate Handrahan, head coach of RMU's NCAA Division I women’s ice hockey team, and Marianne Watkins, a world-renowned power skating coach who has instructed NHL pros as well as young aspiring hockey players.

The following are brief descriptions of several programs the RMU Hockey Academy is offering for 2007-08. For information on exact dates, times and prices, please visit rmuislandsports.com. Also, sign up for our e-mail newsletter to receive up-to-date information on other camps and clinics that may be added during the year.

Steel Power
October 2007–March 2008

Skating is the No. 1 skill of the game but often the most neglected. The biggest improvement you can make to your game is through skating development. These in-season weekly power skating classes are designed to develop skating skills at every level from Mites through Pee Wees. The classes are instructed by professional power skating coach Marianne Watkins, whose expertise in skating techniques and innovative drills have helped many amateur and NHL prospect players to make the jump to the next level. Each session includes instruction on skating skills, efficiency, the first two steps, speed, agility, quickness, lateral and transitional movement, acceleration and much, much more.

For more information, contact Marianne Watkins at 412-397-4468 or watkins@rmuislandsports.org or Blaine Buterbaugh at 412-397-4475 or buterbaugh@rmuislandsports.org.

Summer Hockey Camps
June–August 2008

Every player looks for an edge leading up to the season. The RMU Hockey Academy offers a full schedule of camps to help the average player or the advanced player. We offer full day camps as well as a number of specialty camps. Camps offered include: Checking Camp, Goaltenders Camp, Power Skating Camp, Forwards Camp, Defencemen Camp, All-Day Camp and Girls Camp. For more information, contact Blaine Buterbaugh at 412-397-4475 or buterbaugh@rmuislandsports.org or Nate Handrahan at 412-397-4476 or handrahan@rmu.edu.

Winter Power and Conditioning
November–January 2008

This five-week program includes one 90-minute practice per week that includes power skating, skill development and small games. For more information, contact Blaine Buterbaugh at 412-397-4475 or buterbaugh@rmuislandsports.org.

Hockey Survival Skills and Small Games
March–May 2008

To succeed and survive in hockey at any level, a player must commit to training both on and off the ice, and must continually develop his or her individual conditioning, skating and hockey skills. A player’s body and mind must be ready to perform, react and endure the challenges of one of the most physically and mentally demanding sports in the world. Each year, the need for speed, strength, skills and efficiency becomes more apparent and necessary to compete.

Now is the time to build that foundation and prepare for spring tryouts and the upcoming season. RMU Hockey Academy coaches Nate Handrahan and Marianne Watkins are committed to teaching, demonstrating and guiding you through the disciplines of training and pushing you beyond your comfort zone to reach your full potential.

This five-week program includes one 90-minute practice per week that includes power skating, skill development and small games. For more information, contact Blaine Buterbaugh at 412-397-4475 or buterbaugh@rmuislandsports.org.

RMU HOCKEY ACADEMY STAFF

Nate Handrahan, Director of Camps and Clinics

The head coach of RMU’s NCAA Division I women’s hockey team, Nate is a former pro and collegiate player over 10 years of camp instruction experience. He previously coached at Niagara University and with USA Hockey.

Marianne Watkins, Director of Power Skating

One of the most sought after power skating coaches in the world, Marianne has more than 20 years of experience developing skating abilities for both amateur and professional hockey players. She has worked with many of today’s top NHL and collegiate hockey players and coaches. She is the skating coach for the NHL’s Anaheim Mighty Ducks and Columbus Blue Jackets.

TEAM AND PRIVATE HOCKEY INSTRUCTION

The RMU Island Sports Center offers some of the best hockey instruction anywhere in the country. With some of the area’s top hockey coaches on staff, we can help you improve your skating skills and/or general hockey skills on a more personalized basis.

Team Power Skating Instruction
Year-Round

Marianne Watkins has been recognized as one of the best power skating instructors in the world. She is available throughout the year for team instruction specializing in positional skills and updated techniques for today’s game. Your team can schedule weekly, monthly or occasional sessions to give players and coaches a better understanding of the No. 1 skill of the game. For more information, contact Blaine Buterbaugh at 412-397-4475 or buterbaugh@rmuislandsports.org or Marianne Watkins at 412-397-4448 or watkins@rmuislandsports.org.

Year-Round

Adult Hockey and Skating Skills Classes

For rookie and veteran adult hockey players who want to enhance their performance through improved techniques and conditioning. These weekly classes feature the instruction of power skating specialist Marianne Watkins and one of RMU’s NCAA Division I hockey coaches. Classes are scheduled for Sunday evenings starting in the fall. For more information, contact Blaine Buterbaugh at 412-397-4448 or buterbaugh@rmuislandsports.org or Marianne Watkins at 412-397-4475 or watkins@rmuislandsports.org.

Private, Semi-Private and Small Group Instruction

Year-Round

The RMU Hockey Academy has an excellent group of instructors for private, semi-private and small group instruction on all aspects of the game. Our team of instructors includes:

Blaine Buterbaugh
buterbaugh@rmuislandsports.org

Nate Handrahan
handrahan@rmu.edu

Scott Spencer
spencers@rmu.edu

Marianne Watkins
watkins@rmuislandsports.org

Raffaela Wolfe
rafft9@hotmail.com

To succeed and survive in hockey at any level, a player must commit to training both on and off the ice, and must continually develop his or her individual conditioning, skating and hockey skills. A player’s body and mind must be ready to perform, react and endure the challenges of one of the most physically and mentally demanding sports in the world. Each year, the need for speed, strength, skills and efficiency becomes more apparent and necessary to compete.

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INSTRUCTION

Year-Round

Private, Semi-Private and Small Group Instruction

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watkins@rmuislandsports.org

Raffaela Wolfe
rafft9@hotmail.com

Register online or sign up for our e-newsletter at rmuislandsports.org • Schedules and pricing subject to change

For more information: 412-397-3335 or rmuislandsports.org • Schedules and pricing subject to change
**SKATING SCHOOL**

**INSTRUCTIONAL CLASSES**

**Learn to Skate**

**Ages 3–Adult • Year-Round**

Balance, forward and backward skating, stopping, turning and edges are taught at the different skill levels. This class provides the building blocks for advancement in each of the ISI Skill Levels, which are necessary for more advanced disciplines such as ice hockey and figure skating. Skaters will be divided into two levels based on age and skill level, and class times will vary by level. No previous skating experience is necessary. Students must attend the same class day and time throughout the program series.

- **Level 1**
  - Level 1 is for skaters with no formal instructional experience or with experience at the ISI Tot 1–4, Pre-Alphas, Alpha or Beta skill levels. Level 1 includes a weekly 30-minute instructional class, skate rental if necessary and a public skating session.

- **Level 2**
  - Level 2 is for skaters who have passed the ISI Beta skills test and are at the Gamma or Delta levels and have received approval from the skating director. Level 2 includes a weekly 40-minute instructional class (10 minutes of a stroking workshop and 30 minutes of skill-focused instruction), skate rental if necessary and a public skating session. Level 2 students are eligible to participate in the Synchronized Skating Developmental Program (see page 22).

- **Class Times**
  - **Wednesdays**
    - 5:50–6:30 p.m.: Level 2 Instructional Class
    - 6:30–7 p.m.: Level 1 Instructional Class
    - 7–8:20 p.m.: Public Skating Session
  - **Saturdays**
    - 11:50 a.m.–12:30 p.m.: Level 2 Instructional Class
    - 12:30–1 p.m.: Level 1 Instructional Class
    - 1:15–3:15 p.m.: Public Skating Session

**Schedule and Fees**

- **Back-to-School Session**
  - Wednesdays: Sept. 12–Oct. 17 (6 weeks)
    - Level 1: $86; Level 2: $93
  - Saturdays: Sept. 8–Oct. 13 (5 weeks)
    - Level 1: $72; Level 2: $78
- **Fall Session**
  - Wednesdays: Oct. 24–Dec. 12 (8 weeks)
    - Level 1: $114; Level 2: $124
  - Saturdays: Oct. 20–Dec. 15 (8 weeks)
    - Level 1: $114; Level 2: $124**
- **Holiday Open Skate**
  - Dec. 19, 6:30–7 p.m.
  - (open to all fall Skating School students)
- **Winter Session**
  - Wednesdays: Jan. 9–Feb. 27 (8 weeks)
    - Level 1: $114; Level 2: $124
  - Saturdays: Jan. 12–March 8 (8 weeks)
    - Level 1: $114; Level 2: $124

* $10 early-bird discount if registered seven days before the first day of class.

**Little Stars**

**Ages 3–5 • Fall/Winter/Spring**

Little Stars teaches preschool children the preliminary coordination and balance necessary to maneuver on ice skates. Through fun and games, students learn the proper way to fall and get up, balance on the ice, skate forward and backward, glide and stop, preparing them for more advanced skating skills. Includes a weekly 30-minute instructional class and public skating session. No skating experience is necessary. Tots must be comfortable leaving adult during class.

Please note: A minimum of four skaters must be registered 48 hours prior to the first day of class in order for class to be held.

**Class Times**

- **Thursdays**
  - 1:30–2 p.m.: Instructional Class
  - Noon–2 p.m.: Public Skating Session

**Schedule and Fees**

- **Back-to-School Session**
  - Thursdays: Sept. 13–Oct. 11 (5 weeks, $72)
- **Fall Session**
  - Thursdays: Oct. 18–Dec. 13 (8 weeks, $114)
  - (no class Nov. 22)
  - Holiday Open Skate: Dec. 19, 6:30–7 p.m.
  - (open to all fall Skating School students)
- **Winter Session**
  - Thursdays: Jan. 10–Feb. 28 (8 weeks, $114)

* $10 early-bird discount if registered seven days before the first day of class.

Skating School programs provide skaters ages 3 through adult with the basic skills necessary to skate safely and competently, whether for figure skating, ice hockey or recreation. Students learn the basic elements of ice skating and develop a sense of coordination and balance on the ice.

**Program Benefits**

- Ice Skating Institute’s (ISI) basic curriculum
- Skill levels: Tots 1, 2, 3, 4, Pre-Alphas, Alphas, Betas, Gammas, Deltas
- Skill level evaluation and testing
- ISI merit badges and test registration for each skill level completed
- Includes skate rental and a public skating session following instructional class

**Registration**

Class size is limited, and enrollment is on a first-come, first-served basis. Open enrollment is available throughout the program series, provided space is available (cost will be prorated). Programs must meet a minimum enrollment requirement with advanced registrations for classes to be held. Students registering seven days before the first day of class receive a $10 discount. Additional family members enrolled in the same program series receive a 10% discount.

For more information: 412-397-3335 or rmuislandsports.org • Schedules and pricing subject to change

Register online or sign up for our e-newsletter at rmuislandsports.org • Schedules and pricing subject to change
Little Stars and Big Pals
Ages 3-5 • Adult Pal • Fall/Winter/Spring
Offered to tots and a parent or guardian who want to learn the basics of skating together in a fun atmosphere. Includes a weekly 30-minute instructional class and public skating session. No skating experience is necessary for tots; adults should have basic skating ability.
Please note: A minimum of four skaters must be registered 48 hours prior to the first day of class in order for class to be held.

Class Times
- Tuesdays 10–11:30 a.m. Instructional Class
- Tuesdays 10–10:30 a.m. Public Skating Session

Schedule and Fees*
- Back-to-School Session
  - Sept. 11–Oct. 9 (5 weeks, $78)
- Fall Session
  - Oct. 16–Dec. 4 (8 weeks, $124)
  - (no class Nov. 20)
- Holiday Open Skate
  - Dec. 19, 6:30–7 p.m.
  - (open to all fall Skating School students)
- Winter Session
  - Jan. 15–March 4 (8 weeks, $124)
  - * Fees include both tot and adult. Additional child from the same family: $50 (Back-to-School Session), $80 (Fall or Winter Session). $10 early-bird discount if registered seven days before the first day of class.

FREE Learn to Skate Clinics
September–May
FREE Learn to Skate Clinics are offered at various times throughout the skating season. Clinics include 30 minutes of group instruction and 20 minutes of open skating. Advanced registration is not necessary. It is strongly recommended that skaters wear a helmet – and don’t forget your gloves and jacket! Visit rmuislandsports.org or call 412-397-4469 or 4469 for more information.

Coffee Club & Adult Open Skate
Adults • September–May
An ongoing series of walk-on skating sessions for adults that enjoy socializing and figure skating – a great combination!
Coffee Club sessions include a 30-minute instructional lesson taught by one of our staff professionals, an open skating session, coffee and snacks. The class focuses on basic skating skills for the beginning skater and on field moves, ice dancing or freestyle moves for the more experienced skater. Skaters do not need to participate in the lesson to skate during the open skate.
Adult Open Skate sessions are offered to adults 18 years of age and older. No class is offered during the Adult Open Skate.
Please Note: Coffee Club and Adult Open Skate sessions are subject to change or cancellation or may be moved to the Stadium Arena.

Coffee Club Schedule and Fees* (expires 5/31/08)
- Coffee Club Pass $90 for 10 sessions
- Walk-On Pass $11 per session

Adult Open Skate Schedule and Fees* (expires 5/31/08)
- Tuesdays and Thursdays 10–11:50 a.m. Open Skate
- $6 per session

PRIVATE SKATING INSTRUCTION
Private instruction is available for those interested in recreational skating or in developing the skills to be a figure skater or hockey player. All staff instructors are qualified and experienced professionals that offer all levels of skating instruction based on individual goals. Lessons are offered to beginner through advanced levels, for recreational ice skating, figure skating or basic hockey skills.
Rates range from $15 to $36 per 30-minute lesson; rates are determined by the instructor’s individual achievements, coaching accomplishments and years of experience. Instructor fees are paid directly to the instructor, and all appropriate session fees and skate rental fees must be paid at Guest Services before going onto the ice for a private lesson.
For more information and a list of available instructors, visit our Private Skating Instruction brochure, visit our website, or contact Skating Director Beth Sutton at 412-397-4469 or sutton@rmuislandsports.org.

Note: Skating School class schedules are subject to change. Please see Skating School brochure or visit rmuislandsports.org for details.

SKATING SCHOOL STAFF
Beth Sutton, Skating Director
A National and Junior Olympic coach and former Ice Capades show skater, Beth is a member of U.S. Figure Skating, the Ice Skating Institute and the Professional Skaters Association.
Jennie Vicinie, Assistant Skating Director
Mary Jane Ryan, Ice Monitor
Diana Schirziinger, Customer Service Coordinator

For more information: 412-397-3335 or rmuislandsports.org • Schedules and pricing subject to change
Register online or sign up for our e-newsletter at rmuislandsports.org • Schedules and pricing subject to change
FIGURE SKATING ACADEMY (FSA)
The RMU Island Sports Center Figure Skating Academy (FSA) was established to promote the development and enjoyment of the sport of figure skating. The FSA is designed for skaters of all levels who are members of U.S. Figure Skating or Ice Skating Institute (ISI) and who are interested in furthering the development of their skills for competitive or recreational figure skating.

In addition to individualized training, the FSA encourages individual skaters to participate in group activities, such as figure skating classes, shows and competitions, to enhance skills and develop sportsmanship while enjoying a sense of camaraderie in a fun and energetic skating atmosphere. The FSA is dedicated to meet the needs of all skaters, from the first-time competitor to skaters at the highest level of competition.

Membership in the FSA is available for an annual fee. FSA members receive special membership benefits for FSA programs and events.

Membership Benefits
• Reduced fee on daily freestyle sessions and monthly ice packages (Sept.–May)
• Discount on Summer Figure Skating Training Program (June–Aug.)
• Discount on FSA membership fee for additional family members
• Complimentary FSA member freestyle session on Fridays from 5–5:50 p.m. from Sept. 1, 2007–June 8, 2008 (Subject to cancellation or change due to ISI events)
• 10% discount on Pro Shop merchandise (does not include sharpening and services)
• Team fleece jackets are available for an additional fee

Annual Fee
$110 (Sept. 1, 2007–Aug. 31, 2008)
$55 additional family members

New members who join on or after March 1, 2008, pay $85 for membership from March 1–Aug. 31, 2008 ($35 additional family members).

Skaters do not have to be members to participate in FSA instructional classes, daily freestyles or group events. Non-member fees may apply.

FSA INSTRUCTIONAL CLASSES
FSA instructional classes provide a fun and safe skating experience and promote physical fitness in a group atmosphere. Classes are offered to ISI or U.S. Figure Skating skaters from beginner through advanced. Students are divided into three groups based on figure skating level and experience. Skaters do not have to be FSA members to participate in instructional classes.

The skating director reserves the right to adjust a skater's class placement. Supplemental private skating instruction is required and necessary to accelerate progress and focus on individual skating needs.

FSA instructional classes feature:
• Figure Skating Skill Development curriculum appropriate for beginning through advanced figure skaters
• 30-minute instructional class and a freestyle practice session each week
• Complimentary 10-minute stroking workshop for pre-registered skaters
• Skill focus: freestyle, ice dancing, moves in the field
• Skill level testing for Figure Skating Development and Junior Competitive
• US Figure Skating Basic Skills record book with stickers to track skater's progress
• Discount available for multiple class registrations within the same series for the same skater

Figure Skating Development
(US Figure Skating Freestyle 1-2-3 & ISI Freestyle 1-2-3)
Year-Round
This class includes a comprehensive lesson and test structure designed to continue the development of fundamental ice skating skills while introducing the basic elements of figure skating. Emphasis is on mastery of forward stroking, forward and backward crossovers, edges and turns. More advanced skills and figure skating elements necessary for freestyle, ice dancing, field moves, pairs skating and synchronized skating are introduced.

The class follows the U.S. Figure Skating Basic Skills and ISI Freestyle testing structure. Skaters receive a U.S. Figure Skating Basic Skills record book with stickers to track their progress.

Prerequisites
• Successful completion of ISI Delta Test or U.S. Figure Skating Pre-Preliminary Field Move Test
• Weekly private ice skating lessons from an RMU ISI figure skating staff coach

MONTHLY ICE PACKAGES
FSA Members Only • September–May
Skaters must adhere to the freestyle schedule session. Session times may not be split. Immediate family members may share a package only if all are FSA members. Packages are not transferable. Specialty classes and off-ice classes are not included in the monthly ice package fees.

| Competitor | 30 Sessions @ $245 |
| Junior Competitor | 20 Sessions @ $175 |
| Gold | 16 Sessions @ $150 |
| Silver | 12 Sessions @ $120 |
| Bronze | 6 Sessions @ $63 |

Unused sessions do not carry over to the next month. Additional sessions may be purchased within a pre-registered month at $10 per session. Monthly ice packages end May 31, 2008. The FSA Mini-Camp and Summer Training Program begin June 1, 2008.

WALK-ON FEE
Members $11 per session
Non-Members $13 per session

BEGINNING SKATER LESSON PASS
• 4 sessions
• $20 fee

Lesson Pass
$7 per 30-minute lesson
Only applicable to skaters who have not passed the ISI Delta Test and/or U.S. Figure Skating Pre-Preliminary Field Move Test – skaters are not permitted to enter the ice until lesson time and must leave the ice immediately following their lesson.

HOCKEY LESSONS
$7 per 30 minutes of ice time
For hockey players receiving a private skating lesson during a figure skating session, session times are limited. Hockey players are permitted on the ice with an instructor only and may not skate before or following their private lesson. Hockey equipment, sticks or pucks are not permitted during figure skating sessions.

FREESTYLE SESSIONS
Freestyle session policies and procedures can be found in the RMU Island Sports Center Figure Skating Academy program booklet. Please contact the skating director at 412-397-4469 for detailed information. The following daily freestyle schedule ends June 8, at which time the Summer Training Program schedule will begin.

Morning Sessions
Monday-Friday
6–7 a.m. • 7–8 a.m. • 8–9 a.m.
Saturday
11–11:50 a.m.

Afternoon Sessions
Monday–Tuesday
2:30–3:30 p.m. • 3:30–4:30 p.m. • 4:30–5:20 p.m.
Wednesday
2:30–3:35 p.m. • 3:35–4:40 p.m. • 4:40–5:40 p.m.
Thursday
2:30–3:30 p.m. • 3:30–4:30 p.m. • 4:30–5:30 p.m.
Friday
2:30–3:20 p.m. • 3:20–4:10 p.m. • 4:10–5 p.m. • 5–5:50 p.m.*

*Complimentary FSA member freestyle session

For more information: 412-397-3335 or rmuislandsports.org • Schedules and pricing subject to change

Register online or sign up for our e-newsletter at rmuislandsports.org • Schedules and pricing subject to change

RMU Island Sports Center
For more information: 412-397-3335 or rmuislandsports.org • Schedules and pricing subject to change
Synchronized Skating Developmental Program
Synchronized skating consists of 12-20 skaters skating on ice at one time moving as one flowing unit. The team performs a program set to music, often with required elements that include circles, lines, blocks, wheels and intersections at the most basic level. This program is designed for skaters who are interested in learning the basics of synchronized skating and the skills necessary to join a synchronized skating team. There is no obligation to join a team; this is a fun, try-it class.

- **Prerequisites**
  - Skaters must be participating in the Level 2 Learn to Skate program at the Gamma or Delta level or receiving private skating instruction.
  - Successful completion of ISI Beta Test or U.S. Figure Skating Pre-Preliminary Field Move Test or approval from the synchronized skating coach or skating director.
  - Skaters must have their own skates.
  - Skaters must purchase a practice dress and competition dress. Dress fees not included in program fee.
  - Skaters have the opportunity to perform at ISC skating shows and competitions throughout the season. Additional fees apply for competitions. Skaters are not required to participate in competitions, but must give advance notice to the instructors.

- **Class Times**
  - Sundays: 4:15–5:30 p.m.

- **Schedule and Fees**
  For schedule and fees, please see Synchronized Skating Developmental Program brochure, visit rmuislandsports.org, or contact Skating Director Beth Sutton at 412-397-4469 or sutton@rmuislandsports.org.

PRIVATE FIGURE SKATING INSTRUCTION
Private instruction is available for those interested in recreational or competitive figure skating. Our first-rate staff of instructors includes an Olympic champion, Olympic competitors, national-level coaches and U.S. Figure Skating gold medalists. The staff provides all levels of instruction based on individual goals, from beginner through advanced levels.

Rates range from $15 to $36 per 30-minute lesson; rates are determined by the instructor’s individual figure skating achievements, coaching accomplishments and years of experience. Instructor fees are paid directly to the instructor, and all appropriate session and skate rental fees must be paid at Guest Services before going onto the ice for a private lesson.

For more information and a list of available instructors, see the Private Skating Instruction brochure, visit our website, or contact Skating Director Beth Sutton at 412-397-4469 or sutton@rmuislandsports.org.

FIGURE SKATING STAFF
Beth Sutton, Skating Director
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Elena Valova, Figure Skating Instructor

Jennie Vicinie
Assistant Skating Director

Mary Jane Ryan
Ice Monitor

Diana Schirzinger
Customer Service Coordinator

Elena Valova

Beth Sutton

For more information: 412-397-3335 or rmuislandsports.org • Schedules and pricing subject to change

Register online or sign up for our e-newsletter at rmuislandsports.org • Schedules and pricing subject to change
The RMU Island Sports Center provides all of the tools necessary for you to become the golfer you have always wanted to be. Experience our climate-controlled dome in the chill of winter or during the hottest days of summer. Whether you want to work on your game privately or enroll in group classes with our award-winning staff of golf professionals, there’s something for everyone at the dome.

**INDOOR DRIVING RANGE**

The air-supported Sports Dome boasts a 100-yard drive (one of the longest indoor shots in the country), 42 tees and a 70-foot ceiling, so you can use every club in your bag. The climate-controlled dome allows you to work on your golf game throughout the year, regardless of weather. All tee stations have quality Fiberbuilt mats. The sand bunker and practice green allow you to work on your short game.

**Hours of Operation for Golf**

- Monday–Friday: 9:30 a.m.–7:45 p.m.
- Saturday–Sunday: 10 a.m.–6:30 p.m.

Times may vary due to special events. Call 412-397-4480 to verify times in advance.

**Bucket Fees**

<table>
<thead>
<tr>
<th>Bucket Type</th>
<th>Adult</th>
<th>Jr/Sr*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Bucket (35 Balls)</td>
<td>$5</td>
<td>$4</td>
</tr>
<tr>
<td>Medium Bucket (70 Balls)</td>
<td>$9</td>
<td>$8</td>
</tr>
<tr>
<td>Large Bucket (105 Balls)</td>
<td>$12</td>
<td>$11</td>
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</tbody>
</table>

*Jr – 17 and under; Sr – 60 and up

Value cards are also available.

**Putting and Chipping Green**

- 30 minutes: $2.50
- 60 minutes: $4

**PRIVATE GOLF INSTRUCTION**

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<thead>
<tr>
<th>Package Description</th>
<th>Adult</th>
<th>Junior</th>
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<tr>
<td>60-minute lesson</td>
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<td>$75</td>
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<tr>
<td>60-minute, two-person lesson</td>
<td>$100</td>
<td>$80</td>
</tr>
<tr>
<td>Five 30-minute lessons</td>
<td>$225</td>
<td>$180</td>
</tr>
<tr>
<td>Ten 30-minute lessons</td>
<td>$375</td>
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**ACADEMIES AND CLINICS**

All programs are offered year-round. Call 412-397-4480 or visit rmuislandsports.org for specific session dates.

**Learn to Golf Academy**

Four-Week Course

Covers fundamentals, irons and woods, short game (putting, chipping, sand play), rules, etiquette and club fitting.

Beginner: Saturdays 1–2 p.m. ($119)

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**GOLF STAFF**

Jim Cichra (PGA), Golf Director

The 2001 and 2004 Tri-State PGA Teacher of the Year

Bill Kurp (PGA)

More than 30 years of teaching experience and an excellent club fitter

Joe Professori

Teaching professional from Las Vegas

Jodi Renner (LPGA)

A former LPGA Tour player

Nick Sabol

Teaching professional and mini-tour player

Kevin Shields

The 2003 Tri-State PGA leading money winner

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<th>A former LPGA Tour player</th>
<th>Nick Sabol</th>
<th>Teaching professional and mini-tour player</th>
<th>Kevin Shields</th>
<th>The 2003 Tri-State PGA leading money winner</th>
</tr>
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</table>

**SCORING/SHORT GAME CLINIC**

Two-Hour Clinic

A condensed version of the 100 Yards and In course. Covers pitching from all distances, chipping with different clubs, sand play and putting.

All Levels: Mondays 5:30–7:30 p.m. ($55)

**WOMEN’S GOLF CLINIC**

One-Hour Clinic

Starting in January 2008! Includes talks on specific golf topics with questions and answers, also receive a large bucket of balls.

All Levels: Fridays 10–11 a.m. ($15)

**GOLF MEMBERSHIP**

Never wait for a tee! A one-year golf membership at the Island is only $200! An additional spouse or child can join for only $100.

Membership benefits include:

- Free daily tee time reservations
- Free use of putting and chipping green
- $50 driving range value card
- 20% bonus on additional range value cards
- 30-minute video golf lesson
- 10% discount on lessons and classes

For more information, call 412-397-3335 or visit rmuislandsports.org.
FITNESS CENTER

The RMU Island Sports Center’s Fitness & Performance Center features fitness, strength training and cardio equipment that can help you to achieve all of your goals. Functional training equipment is also available to help improve your performance in daily activities and make life’s physical tasks easier to overcome. Call or stop in today to learn more about the benefits of joining our unique facility and its inviting, fitness-friendly atmosphere!

Hours of Operation

Monday–Friday 6 a.m.–9 p.m.
Saturday 8 a.m.–6 p.m.
Sunday 10 a.m.–5 p.m.

Hours of operation are subject to change. Call 412-397-4486 to confirm times in advance.

GET FIT FOR LIFE!

The Fitness & Performance Center is designed for people who strive for good health and physical fitness. It has everything you need to start a fitness program or take your workout to the next level. With our state-of-the-art equipment and certified professional trainers, we can design a program to suit anyone, from the beginner to the advanced fitness enthusiast. Improve your athletic ability, increase your energy level or just feel great. Call or stop in for more information on all of the great programs we offer. Sign up today to begin adding life to your years – get fit and truly live!

Personal Training

Whether you’re interested in losing body fat, increasing endurance or improving your build and appearance, our certified personal trainers can help you to reach your goals. Our trainers have years of experience in designing programs and leading group exercise. Whatever your goal, we have the right trainer for you.

New members receive one FREE personal training session!

Corporate Memberships

Corporate memberships are available. Learn how a corporate wellness program can benefit your business’ productivity. You must have five or more employees to qualify. Call 412-397-4486 for details.

Membership Rates

One-year, six-month and single-month memberships are available. Please call 412-397-4486 for specific rates.

ATHLETIC PERFORMANCE TRAINING

Performance training at the RMU Island Sports Center is a sport-specific strength and conditioning program designed to help athletes reach and surpass their true potential. We cater to the specific needs of each athlete, helping to maximize performance variables while assisting in injury prevention.

Our unique athlete development system offers:

• Rapid response and agility training
• Speed training/running mechanics
• Assisted and resisted running
• Core strength and stability training
• Balance and coordination training
• Muscle mass weight gain
• Metabolic conditioning programs (sport-specific)
• Nutritional guidance
• Acceleration and deceleration training
• Explosive starts and power training
• Flexibility training
• Mental preparedness training
• Performance education clinics
• Sports leadership clinics
• Sports speed and performance camps (call for info on 2007 summer camps before they sell out!)

and much, much more!

Our athletic performance coaches have trained athletes from all sports at all levels and have helped many high school athletes attain NCAA Division I athletic scholarships. For a detailed list of the many athletes that have used and still use our training system, call or visit our facility.

All coaches are certified professionals who also help teach athletes life skills such as leadership, accountability, character, organization/time management, politeness, discipline and integrity. Too often, these qualities are missing in the sports profession, so we take it upon ourselves to develop not only great athletes, but great people.

Call 412-397-4486 or stop in for more information on performance training.

For more information: 412-397-3335 or rmuislandsports.org • Schedules and pricing subject to change

Register online or sign up for our e-newsletter at rmuislandsports.org • Schedules and pricing subject to change
KIDS AND FAMILY FUN

SCOUT PROGRAMS

Girl Scout Overnight Programs
Enjoy an evening of activities, mini-golf, ice skating, s’mores and hot dogs around the campfire, and a late-night movie before camping out for the night on the Sports Dome’s artificial turf surface. The next morning, we’ll serve fresh donuts and orange juice for breakfast before you head home.

Fall 2007 Schedule
7 p.m. Friday, Nov. 2–8 a.m. Saturday, Nov. 3
7 p.m. Friday, Nov. 16–8 a.m. Saturday, Nov. 17

Fee
Cost is $25 per scout and $20 per chaperone. A $50 non-refundable deposit per troop is required to reserve your space at the event. Final headcount and full payment is due one week prior to the event, and is non-refundable.

Registrations are accepted on a first-come, first-served basis. An information packet will be sent upon receipt of registration. For more information or to register, contact Diana Schirtzinger at 412-397-3335 or schirtzingerd@rmuislandsports.org.

FIELD TRIPS

Looking for some place new for your next field trip? Bring your school, youth, scout or day care group to the RMU Island Sports Center for a fun and educational day!

Your field trip will include:
- Public ice skating session (includes skate rental)
- Small bucket of balls at the indoor driving range
- Tour of the RMU Island Sports Center
- Island Fun Facts, like how the zambonis work, how ice is made and how the Dome stays inflated

Fee: $8 per person

PUBLIC ICE SKATING

Enjoy skating with family and friends in our Olympic Arena, complete with lights and music.

Fall/Winter Schedule
Mondays Noon–2 p.m.
Tuesdays Noon–2 p.m.
Wednesdays Noon–2 p.m., 7–8:30 p.m.
Thursdays Noon–2 p.m.
Fridays Noon–2 p.m., 7–9 p.m.
Saturdays 12:45–2:45 p.m., 7–9 p.m.

Sessions are subject to change without notice. Call 412-397-3335 to verify times in advance.

Rates
- Adults $6
- Children age 12 & younger $5
- Seniors age 60 and older $5
- Skate Rental $2.50
- Walker Rental $2

Group rates are available for 10 skaters or more. Five-day advance payment required. Fund-raising opportunities are also available for your organization. Call 412-397-4458 for details.

BIRTHDAY PARTIES

Celebrate your child’s birthday at the RMU Island Sports Center! Our Island Birthday Party packages come with everything to make your youngster’s birthday a memorable experience, including pizza, beverages, a birthday cake, and a fun and unique atmosphere.

Ice Skating Party
- Decorated party room for the length of the ice skating session
- 11 full admissions to the skating session
- 11 pairs of rental skates
- Ice skating instructors available for an additional fee

Birdie Party
- Decorated table for two hours in the Sports Dome
- Unlimited range balls during party

Hole-in-One Party
- Decorated table for two hours in the Sports Dome
- Unlimited range balls during party
- Exclusive use of putting green for 30 minutes
- 15-minute putting lesson from one of our PGA pros

Miniature Golf Party
- Decorated party room for two hours
- 11 admissions to one round of miniature golf
- Parties are priced to include the birthday child and 10 guests (additional guests are welcome with extra admissions). Please contact the RMU Island Sports Center office to reserve your date. A $50 non-refundable deposit is required at the time of your reservation. Party features subject to change.

DICESARO SPINE AND SPORT

The Dicesaro Spine and Sport chiropractic office specializes in sports-related chiropractic cases. The office features state-of-the-art Pneumex equipment, which is not available anywhere else in southwestern Pennsylvania. The RMU Island Sports Center office is located next to the Clearview Arena. A second office is located in Moon Township, across from Robert Morris University. For hours of operation, to schedule an appointment, or for more information, call 412-397-5440.

ICE HOUSE BISTRO

Located in the RMU Island Sports Center lobby, the Ice House Bistro features tasty treats and snacks the whole family will enjoy. Fare includes popular choices like hamburgers, hot dogs and pizza, along with calzones, Philly cheese steaks and grilled chicken sandwiches. A variety of beverages are offered, including Coca-Cola products and Starbucks Coffee. Hours vary – please call 412-397-3335 for schedules.

For more information: 412-397-3335 or rmuislandsports.org • Schedules and pricing subject to change
Register online or sign up for our e-newsletter at rmuislandsports.org • Schedules and pricing subject to change
SOFTBALL
Girls’ Fast Pitch All Skills Clinics
In the spring and fall, Head Coach Rich Leviere and staff of the Pittsburgh Spirit conduct a four-hour clinic to teach aspiring girls’ fast pitch softball players all aspects of the game. Parents are encouraged to attend and participate, as well as learn the drills that promote proper techniques. All levels are encouraged to attend. Ages 10–18.
Fee: $60

Men’s All-Night Indoor Tournaments
One tournament per month is held November through April. There are 16 teams per tournament with three games per night guaranteed. One-pitch, five-inning games are played in a round-robin format. Champions receive a trophy.
Team Fee: $275

“NEVILLE DEVILS” FLAG FOOTBALL
Leagues are offered for Little Devils (ages 6–7), Demons (8–9) and Devils (10–12). All leagues run on Monday evenings from October through December and also March through May (7 weeks).
Fee: $80 per person (jersey fee $20, optional)

SOCCER
Men’s League
Tuesday nights starting at 8 p.m.; games may also begin at 8:55 and 9:50, depending on the number of teams. Play is 6-on-6 with a keeper, change on the fly.
Team Fee: $890 per nine-week session + $15 per week referee fee

CANINE AGILITY TRIALS
Clubs from all over the country run their champion dogs through obstacle courses in our club-sponsored trials. Spectators are welcome. Rentals are subject to availability.
For more information on Sports Dome programs, call 412-397-4480.

BATTING CAGES
The RMU Island Sports Center is the perfect place to work on your swing.
Enjoy slow, medium and fast-pitch baseball machines, and slow and fast-pitch softball machines. Call 412-397-4480 for hours of operation and availability.
Rates
$1 per token (1 token = 15 pitches)
$8 all you can hit (2-hour limit)
Group rates available! Call 412-397-4480 for more information.

MINI-GOLF
Enjoy the best 18-hole mini-golf course in the region! Our beautifully landscaped course overlooks the Ohio River, features streams and waterfalls, and is among the more challenging courses around. It’s affordable family fun, and it’s open every day to the public from April through October, weather permitting. Group outings and birthday parties are available. Call 412-397-4480 for hours of operation and availability.
Rates
Adults & Children $5
Groups (10 or more) $4
Second Round $2
PRIVATE PARTIES AND SPECIAL EVENTS

Whether you’re planning a social event, holiday party, wedding reception or anniversary party, the RMU Island Sports Center can accommodate your needs. We offer several traditional and non-traditional sites to host your event.

Choose from our Tented Terrace or The Hat Trick Club, both overlooking the Ohio River. The Hat Trick Club is suitable for receptions of up to 200 guests and features a tented deck and view of the Cleanview Arena. For a non-traditional setting, host your event on our Multi-Sport Courts, which can be set up to accommodate dinner, dancing and entertainment with a decidedly different sports twist.

Our on-site caterer can provide you with any menu you’d like, from a casual barbeque to the finest tenderloin. We also offer complete event packages and theme parties. And 650 free parking spaces are just a short walk away.

FACILITY RENTALS

Sports Dome
The climate-controlled Sports Dome is available for hourly rental before and after golf hours year-round. The surface is covered with FieldTurf, a revolutionary surface consisting of two-inch nylon grass filled and supported by pulverized rubber and sand. The Sports Dome has been used for softball, lacrosse, baseball, flag football, workout sessions, gymnastics and cheerleading competitions, corporate Olympics and sleepovers.

Ice Arenas
The ice arenas are colorful, bright, comfortable, clean and well maintained. The premium ice surfaces are produced by a state-of-the-art Jet Ice water system. The arenas can be used for hockey, figure skating, speed skating, general ice skating, and activities such as curling and broomball.

Two indoor arenas are available year-round. The Cleanview Arena is the same size as a regulation NHL ice surface (85’ x 200’) with numerous grandstands seating as many as 1,200 spectators. The Olympic Arena is larger (100’ x 200’) and has ice-level bleachers that seat up to 300 spectators. One outdoor arena (the Gardens Arena) is also available from October through March.

Multi-Sport Courts
These two hockey rink-sized facilities have a multi-sport court surface that can be used for inline skating, volleyball, basketball, soccer, lacrosse, dek hockey and more. These rinks are located in the Open Air Complex, which is covered but provides a great outdoor feel.

For more information or to book your next event, call 412-397-4458 or e-mail groups@rmuislandsports.org.

TEAM-BUILDING PROGRAMS

Improve team unity. Create organizational loyalty. Reinforce your mission. From a simple day of fun-filled activities to develop camaraderie to more elaborate and structured programs to inspire and motivate your team of employees, the Robert Morris University Island Sports Center is proud to offer the area’s only team-building program that gets your staff together and gets them home the same day. Team building at the RMU Island Sports Center is cost-efficient, memorable and effective.

If you’re tired of the same old fund-raisers, plan your next fund-raiser at the Robert Morris University Island Sports Center. We’ll help design a fun and effective fund-raiser that is sure to become a tradition for your group. There are several programs for groups to take advantage of, such as group skate nights, mini-golf tournaments, community/school nights and skating passes. Call 412-397-4458 to request a copy of the Guide to Fund Raising at the RMU Island Sports Center.

For more information or to book your next event, call 412-397-4458 or e-mail groups@rmuislandsports.org.

FUND-RAISING OPPORTUNITIES

CORPORATE EVENTS

Business meetings, sales rallies, trade shows and employee appreciation events are all possible at our versatile facility. We have meeting space and large reception areas to fulfill your business needs. Plus, we’re just a short drive from downtown Pittsburgh with easy access from I-79 and the airport area.

We also offer business meeting support services through partner vendors to help make your meeting planning a breeze. And, our facility features 650 free parking spaces.

For more information: 412-397-3335 or rmuislandsports.org • Schedules and pricing subject to change

Register online or sign up for our e-newsletter at rmuislandsports.org • Schedules and pricing subject to change
How did Robert Morris grow from a small business school to a major regional university with 5,000 undergraduate and graduate students, 30 bachelor’s degree programs and 19 master’s and doctoral degree programs? Simple: The success of our graduates.

Our marketable majors and advanced degrees deliver an average placement rate of 93%. It’s the foundation of our success. And of our students’ success.

We firmly believe that every time our graduates succeed, we succeed. Every success shows, once again, that Robert Morris University delivers an education that works in the real world.

To learn more, visit www.rmu.edu or call 800-762-0097.
The Holiday Inn Pittsburgh Airport is a rare find: a modern hotel with all the amenities one expects, a focus on hometown pride, outstanding service and a distinctive themed experience all combined to invite guests to return again and again!

As one steps into our lobby, our theme “In a City of Firsts, You’re Our First Priority,” becomes evident. Pittsburgh has brought many “Firsts” to the world and we recognize these throughout the hotel. Some of the “Firsts” that were invented in the Pittsburgh region include: The first Commercial Radio Station, KDKA in 1920 – The first Banana Split in 1920 – Rings in 1920 – The first Big Mac in 1967 – The Zippo Lighter in 1932 – The first Pull Tab on Beer Cans in 1961.

Along with Pittsburgh’s rich history, here are just a few of the reasons to bring your next event to the Holiday Inn Pittsburgh Airport:

- The Holiday Inn is located 3 miles from the Island Sports Center and only 3/4 mile from Robert Morris University.
- Complimentary 24 hour airport transportation.
- Priority Club Points and Miles For Meetings points for booking you group with us.
- Bridge Restaurant and Lounge.
- Indoor pool, whirlpool, fitness center and gift shop.

For Additional Information please contact Tara Razpecki
(412) 631-1343 * e-mail trazpecki@hipitt.meyerjwbar.com
Visit our web site at www.hipittsburgh.com
8256 University Blvd. * Moon Township, PA 15108

Official Hotel Partner of the RMU Island Sports Center

Queen/Queens, Kings and Suites Available • Indoor Swimming Pool and Heated Spa
Complimentary High-Speed Internet Access • On-Site Guest Laundry Facilities
On-Site Fitness Facility • Only 5 minutes from the RMU Island Sports Center

Courtyard by Marriott Pittsburgh Airport
450 Cherrington Parkway • Coraopolis, PA 15108 • Phone: 412-264-5000 • Fax: 412-264-7979 • www.stayatcourtyard.com/isc

For more information: 412-397-3335 or rmuislandsports.org • Schedules and pricing subject to change
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